



# NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

## PREVENTION AND PROTECTION START HERE

### Summer Safelist

“School’s out for the summer,” which means it’s the time of year for warm weather, family vacations and many celebrations. As you soak up the sun and good vibes, it’s important to continue thinking about your safety and the safety of those around you. Nothing dampers a good time like a serious injury or accident. Tune into NMCPHC’s summer safelist for tips and resources that will help you stay safe this season.



#### Light My Fire by The Outdoors

Who doesn’t love to chow down on a burger while watching fireworks illuminate the night sky? Before you grab those matches, don’t forget that grilling and lighting fireworks can cause serious property damage and injury if not properly handled. Make sure you always [clean your grill](#), and use it outside and away from your house. Light fireworks while outside in a clear area and don’t pick up a firework that has already been lit (it might still be active).



#### Heat Wave by Martha and the Sundellas

As summer heats up, you don’t need to feel a burning in your heart or on your skin. Excessive sun exposure can lead to [severe skin damage](#) and dangerously hot temperatures can lead to [heat stress](#). Prevention starts with avoiding alcoholic beverages and sugary drinks, [drinking plenty of water](#), applying sunscreen frequently and [resting in cool, shaded areas](#) when possible.



#### Baby Got Bit by Sir Ticks-A-Lot

Anacondas, copperheads and rattlesnakes are reptiles you should avoid handling. To prevent snake bites, it’s important to [stay away from tall grass](#) and piles of leaves, and wear protective clothing (like boots and long pants) when working outdoors. Mosquitoes, ticks and other biting insects that carry diseases, such as [West Nile Virus](#) and [Lyme disease](#), are creatures you should look out for as well. Make sure to properly apply [insect repellent](#) and [hold off on wearing cologne or perfume](#) since insects can be attracted to sweet smells.



#### Wipe Out by the Beach Buoys

While a vacation to the beach, lake or river can bring sand, sun and lots of fun, it’s important to use caution when breaking out that canoe, kayak or other recreational boat. The same goes for swimming as [rip currents and rough water](#) pose serious threats to personal safety. When boating, [always wear a U.S. Coast Guard approved life jacket](#) and have a friend with you. At the beach, [heed the safety warning flags](#). Before you go out in any body of water, always make sure to [check the weather](#) and/or [surf forecast](#) for your area.

#### Additional Resources

- Check out our health promotion and wellness department’s [Safety Toolbox](#).
- Learn more about [heat stress](#) from our occupational and environmental medicine department.
- Protect yourself and your home from mosquitoes with [this fact sheet](#) from the Navy Entomology Center of Excellence (NECE).